



# Holiday COOKBOOK

CRAFTED WITH  
HEART – FROM  
OUR KITCHEN  
TO YOURS!

ENJOY THIS RECIPE GUIDE FROM THE CHEFS AND DIETICIANS AT ARKANSAS HEART HOSPITAL. EACH RECIPE INCLUDES TIPS ON PREPARING A BARIATRIC-FRIENDLY OR HEART-HEALTHY MEAL.

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# A Southern Family Feast

ROASTED CORNISH HENS WITH HERBED GRAVY

SOUTHERN DRESSING

CHEESY BROCCOLI "RICE" CASSEROLE

CRANBERRY SAUCE

ROLLS

PUMPKIN SPOONBREAD



## SHOPPING LIST

### PRODUCE:

- Celery (1 bunch)
- Onion (1)
- Cranberries (1 bag or 3 cups, not frozen)
- Orange (1)
- Lemon (1)
- Riced cauliflower (16-ounce bag, not frozen)
- Broccoli florets (12-ounce bag, frozen)

### PROTEIN & DAIRY:

- 2 Cornish hens (frozen, thawed before use)
- Large eggs or egg substitute (like Egg Beaters brand)
- Unsalted butter (1 lb)
- Light sour cream or low-fat plain Greek yogurt (12 oz)
- Block cheese of choice (24 oz, low-fat recommended)

### CANNED/DRY GOODS:

- "Better Than Bouillon" Roasted Chicken Reduced Sodium
- 100% pure pumpkin (16-ounce can, like Libby's brand)
- Low-sodium chicken bone broth (32 oz)
- Keto Hawaiian rolls (like Lewis Bake Shop brand)
- 1 loaf of bread (like Sola Sweet & Buttery brand; or Ezekiel or salt-free for heart health)

### BAKING/SPICES:

- Canola oil
- Non-stick cooking spray
- Kosher salt
- Black pepper
- Ground sage
- Poultry seasoning or salt-free spice blend (like Trader Joe's 21 Seasoning Salute)
- Garlic powder
- Cinnamon
- Pumpkin pie spice
- Almond flour
- Coconut flour
- Corn starch
- Baking powder
- Baking soda
- Splenda or equivalent
- Xanthan gum

### TOOLS:

- Kitchen twine
- Zester
- Turkey baster or basting spoon
- Meat thermometer

**MAKE-AHEAD TIPS:** **Thaw Cornish hens:** Line baking pan with foil and a layer of paper towels.

Pat thawed hens with paper towels until dry. Place hens on the prepared pan, cover with foil and refrigerate until ready to use. **Make Basic Blend:** Combine equal parts kosher salt, black pepper and garlic powder.

For a heart-healthy version, remove or significantly reduce salt.



# Roasted Cornish Hens

## INGREDIENTS:

- Two Cornish hens, thawed\*
- ¼ cup Basic Blend\*
- Salt-free spice blend of choice\*
- Lemon, thinly sliced

## Smart Swaps!

### BARIATRIC-FRIENDLY

Enjoy as is!

### HEART-HEALTHY

Substitute Basic Blend for a heart-healthy version with no salt or significantly reduced salt.

### NUTRITION FACTS: PER 3OZ SERVING:

Calories: 150, Carbohydrates: 0g,  
Fat: 10.5g, Protein: 14.5g

## INSTRUCTIONS:

Pull thawed hens out of refrigerator 30 minutes before roasting. Preheat oven to 400°F.

Loosen skin and season the top of skin and under skin with Basic Blend. Liberally season with spice blend of choice. Place a couple of thin lemon slices in cavity. Tie legs together with kitchen twine.

Roast at 400°F for 15 minutes. After 15 minutes, reduce heat to 350°F. Cook another 40 minutes, basting with pan juices every 10 minutes. Hens are finished when they reach 180°F in thigh.

Allow to rest 10-15 minutes before carving.

\*See Shopping List for recommendations and make-ahead tips.





# Herbed Gravy

## INGREDIENTS:

- 5 Tbsp unsalted butter
- 2 tsp xanthan gum
- 1½ cups low-sodium chicken bone broth
- Basic Blend, to taste

## Smart Swaps!

### BARIATRIC-FRIENDLY

Enjoy as is!

### HEART-HEALTHY

Substitute Basic Blend for a heart-healthy version with no salt or significantly reduced salt.

### NUTRITION FACTS PER 2 TBSP (1 OZ) SERVING:

Calories: 45, Carbohydrates: 0g, Fat: 4.5g,  
Protein: 1g

## INSTRUCTIONS:

Melt butter in a medium saucepan until it begins browning, about 4-5 minutes. (This may take longer depending on the thickness of the saucepan.)

Lower the heat and gradually add in xanthan gum, whisking constantly to prevent clumping.

Continue whisking until the melted butter starts to thicken, about 3-4 minutes. Add remaining ingredients, while whisking.

Continue whisking at least 5 minutes or until gravy has reached your desired consistency.





# Southern Dressing

## INGREDIENTS:

- 8 slices bread\*
- 2 cups almond flour
- 2 Tbsp ground sage
- 1 Tbsp ground thyme
- 2 tsp baking powder
- 4 large eggs
- 1 Tbsp unsalted butter
- 4 Tbsp unsalted butter, melted
- 2 tsp "Better Than Bouillon"  
Roasted Chicken Reduced  
Sodium
- 1 small onion, finely chopped
- 3 stalks celery, finely chopped
- 2 ½ to 3 cups low-sodium  
chicken bone broth
- Kosher salt & freshly ground  
black pepper

## Smart Swaps!

### **BARIATRIC-FRIENDLY**

We recommend using Sola Sweet & Buttery bread.

### **HEART-HEALTHY**

We recommend using Ezekiel or salt-free bread, using an egg substitute and reducing or omitting salt.

### **NUTRITION FACTS PER BARIATRIC SERVING (ROUGHLY 16 SERVINGS PER DISH):**

Calories: 163, Carbohydrates: 2g net, Fat: 12g,  
Protein: 6.5g, Fiber: 6g

## INSTRUCTIONS:

Preheat oven to 400°F. Spray 9x13 inch baking dish with non-stick cooking spray.

Pulse bread in a food processor or blender until fine crumbs. Place on a baking sheet lined with parchment paper. Toast in the oven until golden brown, stirring occasionally to toast evenly. Set aside.

Reduce oven heat to 350°F.

Melt 1 Tbsp butter in a non-stick skillet over medium heat, add chopped onions and celery. Season with a sprinkle of kosher salt and black pepper. Stir in Better Than Bouillon and sauté until very tender. (You may add a splash of chicken broth occasionally to speed up the process.) Sprinkle with sage and thyme, stir to combine.

Whisk together almond flour, toasted breadcrumbs, baking powder and 1 tsp of kosher salt in a large bowl. Add sautéed veggies, stir to combine.

In a separate bowl, whisk eggs, chicken broth and 4 Tbsp melted butter until well combined. Pour into dry ingredients and mix thoroughly. Pour into a greased baking dish, bake at 350°F for 45-60 minutes, checking for doneness at 45 minutes.

Let cool for 5 minutes before serving.

\*See Shopping List for bread recommendations.





# Cranberry Sauce

## INGREDIENTS:

- ½ cup water
- 1 to 1½ cups Splenda or equivalent
- ½ tsp cornstarch
- 3 cups fresh cranberries
- Pinch of salt
- Zest of one orange

## Smart Swaps!

### **BIATRIC-FRIENDLY**

Use fresh cranberries with moderation.

### **HEART-HEALTHY**

Reduce or omit salt.

### **NUTRITION FACTS PER 2 TBSP (1 OZ) SERVING:**

Calories: 20, Carbohydrates: 3g net, Fat: 0g,  
Protein: 0g

## INSTRUCTIONS:

In a medium saucepan combine water, Splenda, and cornstarch over medium-high heat, stirring until granules are dissolved.

Add cranberries and orange zest and bring to a boil, stirring constantly. Reduce heat and simmer for 5 minutes or until cranberries begin to pop and mixture has thickened. Add pinch of salt and stir until combined.

Set aside to cool. Pour into a bowl and refrigerate for at least 3 hours. If smooth cranberry sauce is desired, place in a blender or blend with an immersion blender. Strain and refrigerate.





# Cheesy Broccoli "Rice" Casserole

## INGREDIENTS:

- 1½ cups light sour cream
- 1 Tbsp "Better Than Bouillon" Roasted Chicken Reduced Sodium
- 24 oz block cheese of choice, shredded (not pre-shredded)
- 1 16-ounce package fresh riced cauliflower (not frozen)
- 1 12-ounce package frozen chopped broccoli

## Smart Swaps!

### **BARIATRIC-FRIENDLY**

Substitute light sour cream for low-fat plain Greek yogurt to increase protein content.

### **HEART-HEALTHY**

Substitute light sour cream for low-fat plain Greek yogurt for reduced fat and added protein. Select a type of cheese with reduced fat and/or reduced sodium, if possible.

### **NUTRITION FACTS PER SERVING (ROUGHLY 18 SERVINGS PER DISH):**

Calories: 200, Carbohydrates: 4g net, Fat: 15g, Protein: 12g

## INSTRUCTIONS:

Preheat oven to 350°F (optional).

Add sour cream to a 6-quart pot. Turn heat to medium, whisking sour cream to prevent scorching. Add "Better Than Bouillon" and whisk to combine. Add 2 cups of the shredded cheese, whisking constantly until the cheese is completely melted.

Cook the riced cauliflower and chopped broccoli according to package directions and add to the cheese mixture. Add an additional cup of cheese to the mixture to thicken.

May be baked at 350°F for 20 minutes if desired or served immediately.





# Pumpkin Spoonbread

## INGREDIENTS:

- 1 cup canola oil
- 2 cups Splenda or equivalent
- 3 large eggs
- 2 tsp vanilla extract
- 2 cups (16 oz) 100% pure pumpkin
- $\frac{3}{4}$  cup coconut flour
- 1 tsp salt
- 1 tsp baking soda
- 2 tsp baking powder
- 2 tsp cinnamon
- 2 tsp pumpkin pie spice

## Smart Swaps!

### BARIATRIC-FRIENDLY

Be mindful of avoiding added sugars in pumpkin.

### HEART-HEALTHY

Reduce or omit salt and substitute eggs for an egg substitute (like Egg Beaters).

### NUTRITION FACTS PER SERVING (ROUGHLY 18 SERVINGS PER DISH):

Calories: 150, Carbohydrates: 2.2g net,  
Fat: 14g, Protein: 2g

## INSTRUCTIONS:

Preheat oven 325°F. Grease and flour a 6x9 inch baking dish.

In a medium bowl, combine the oil, Splenda, eggs, vanilla and pumpkin, then set aside. In a separate bowl, combine coconut flour, salt, baking soda, baking powder, cinnamon and pumpkin pie spice.

Add the wet ingredients to the dry ingredients and mix until combined. Do not overmix.

Pour the batter into the prepared baking dish. Bake at 325°F for 45-50 minutes, or until you can insert a toothpick into the center of the loaf, and it comes out clean.

Allow to cool in the pan for 10 minutes before transferring to a wire rack to fully cool.





# A Home-Cooked Holiday

GLAZED HAM

MAPLE GLAZED CARROTS

BAKED FETA & TOMATO DIP

GARLIC CHEDDAR "BISCUITS"

PEANUT BUTTER CHOCOLATE "MOUSSE"

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## SHOPPING LIST

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### PRODUCE/HERBS:

- Cherry tomatoes (10-ounce container)
- Carrots (1 lb, whole or baby)
- Garlic (1 head)
- Fresh thyme
- Fresh basil

### PROTEIN & DAIRY:

- Bone-in ham (8-10 lbs)
- Large eggs or egg substitute
- Block of feta cheese (8 oz)
- Block of cheddar cheese (8 oz)
- Unsalted butter (1 lb)
- Plain non-fat Greek yogurt (5.3-ounce container)
- Vanilla non-fat Greek yogurt (5.3-ounce containers, like Two Good brand)

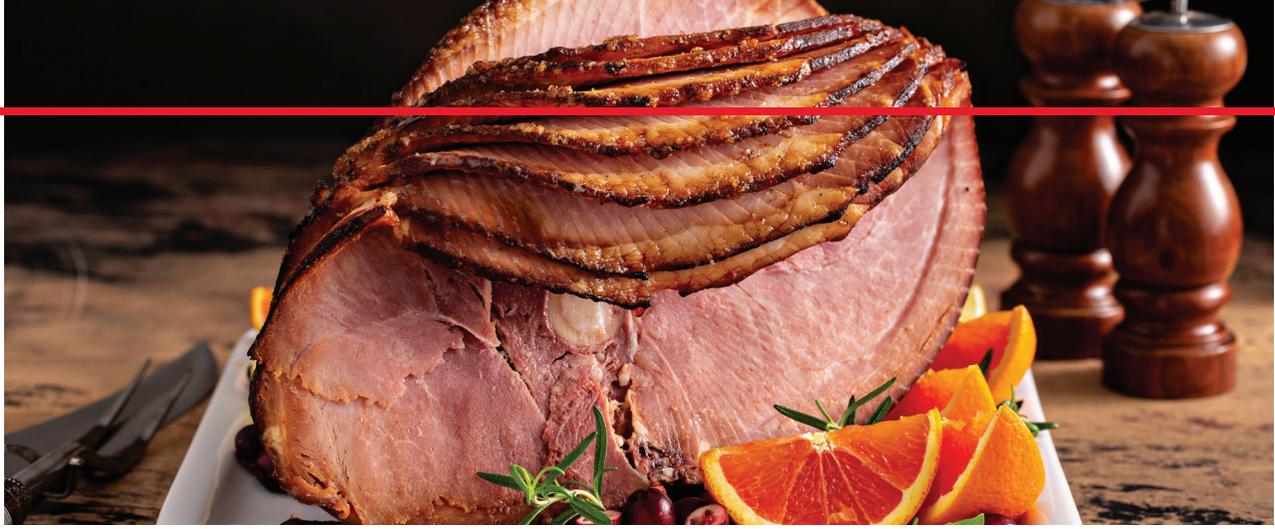
### TOOLS:

- Meat thermometer
- Parchment paper

### BAKING/SPICES:

- Olive oil
- Dijon mustard
- Kosher salt
- Black pepper
- Italian seasoning
- Garlic powder
- Minced garlic
- Ground cloves
- Cinnamon
- Smoked paprika
- Almond flour
- Baking powder
- Cocoa powder
- Sugar-free peanut butter syrup
- Golden monk fruit powder or "Swerve Brown"
- Sugar-free maple syrup
- Vanilla extract or sugar-free vanilla syrup
- Sugar-free chocolate chips (like Lilly's brand)





# Glazed Ham

## INGREDIENTS:

- Bone-in ham (8-10 lbs)\*
- ½ cup water
- ½ cup unsalted butter (1 stick)
- 1 cup golden monk fruit sweetener or “Swerve Brown”
- 2 Tbsp sugar-free maple syrup
- 2 Tbsp Dijon mustard
- ½ tsp cinnamon
- ¼ tsp ground cloves
- 1 Tbsp minced garlic (or 1-2 tsp garlic powder)

## Smart Swaps!

### **BARIATRIC-FRIENDLY**

Ham is high in saturated fat, so eat in moderation.

### **HEART-HEALTHY**

Add as much garlic as your heart desires – it’s a heart-healthy food. Ham is high in saturated fat and sodium, so eat in moderation.

### **NUTRITION FACTS PER 3 OZ SERVING:**

Calories: 140, Carbohydrates: ~2g net, Fat: 9g, Protein: 13g

## INSTRUCTIONS:

Preheat oven to 350°F.

Trim the skin off the ham and cut a diamond-shaped pattern about an inch deep on the top. Line a roasting pan with foil, add water to the bottom, and bake covered with foil for 30 minutes.

In the meantime, start making the glaze by melting the butter in a small saucepan. Once melted, add the sweetener, sugar-free maple syrup, mustard, spices and minced garlic. Stir until warm and ingredients are combined.

After the 30 minutes have passed, increase the oven temperature to 425°F. Uncover the meat, brush a third of the glaze on top of it and bake for 15 minutes. Repeat 2 more times.

Once done, let the meat rest for 10-15 minutes before cutting.

\*Cooking time may need to be adjusted based on the size of the ham. The center of the ham should reach an internal temperature of 145°F.





# Maple Glazed Carrots

## INGREDIENTS:

- 1 lb carrots, peeled (or baby carrots)
- 2 Tbsp unsalted butter
- 4 Tbsp sugar-free maple syrup
- ½ Tbsp fresh thyme
- 1 tsp salt
- ¼ tsp black pepper
- ¼ tsp smoked paprika

## Smart Swaps!

### **BARIATRIC-FRIENDLY**

Enjoy as is!

### **HEART-HEALTHY**

Enjoy as is!

### **NUTRITION FACTS PER ½ CUP SERVING (~4 SERVINGS PER RECIPE):**

Calories: 95, Carbohydrates: 7.5g net, Fat: 6g,  
Protein: 1g

## INSTRUCTIONS:

Preheat oven to 400°F. Line a baking sheet with parchment paper and place carrots on top.

Melt butter in a small bowl and mix in all of the spices. Add 3 Tbsp of maple syrup and mix well again. Brush the maple glaze on top of the carrots.

Bake for 35-45 minutes, rotating halfway. Remove 5 minutes before finished and glaze with remaining 1 Tbsp maple syrup before returning to finish cooking in the oven.





# Baked Feta & Tomato Dip

## INGREDIENTS:

- 10 oz cherry tomatoes, sliced into halves
- 8 oz block feta cheese
- 3 Tbsp olive oil
- 1 tsp Italian seasoning
- 3 garlic cloves, smashed
- Fresh basil (for garnish)
- Kosher salt & black pepper, to taste

## Smart Swaps!

### BARIATRIC-FRIENDLY

Enjoy as is!

### HEART-HEALTHY

Add as much garlic as your heart desires – it's a heart-healthy food. Feta cheese is low in fat but high in sodium, making it heart healthy in moderation

### NUTRITION FACTS PER ¼ CUP SERVING:

Calories: 135, Carbohydrates: 1.5g net, Fat: 11g, Protein: 5.5g

## INSTRUCTIONS:

Preheat oven to 400°F.

Spray a baking dish with non-stick cooking spray. Place sliced tomatoes and garlic in the dish. Toss in 2 Tbsp of the olive oil, Italian seasoning, salt and pepper. Place the block of feta in the middle of the pan and drizzle the remaining 1 Tbsp olive oil on top.

Bake for 40-45 minutes. Stir everything until combined and garnish with fresh basil. Serve with toasted low-carb pita or flatbread, raw veggies or eat with a fork.





# Garlic Cheddar Biscuits

## INGREDIENTS:

### **Biscuits:**

- 1 cup almond flour
- 1 tsp baking powder
- 1 ½ tsp garlic powder
- 1 tsp Italian seasoning
- ¾ tsp salt
- 1 large egg
- ¼ cup plain non-fat Greek yogurt
- 3 Tbsp unsalted butter (very cold)
- ¾ cup cheddar cheese, shredded (not pre-shredded)

### **Garlic Butter Coating:**

- 1 Tbsp unsalted butter, melted
- Kosher salt
- Garlic powder

## Smart Swaps!

### **BARIATRIC-FRIENDLY**

Enjoy as is!

### **HEART-HEALTHY**

Opt for a low-sodium and/or low-fat cheddar cheese, if available. Reduce or omit salt.

### **NUTRITION FACTS PER:**

Calories: 170, Carbohydrates: 1.25g net,  
Fat: 14g, Protein: 8g

## INSTRUCTIONS:

Preheat oven to 350°F.

Mix the first five dry ingredients together in a mixing bowl.

Cut the cold butter into the flour mixture until a uniform small crumb texture is formed.

You may have to roll the flour mixture in between the palm of your hands to incorporate well enough.

Mix in the remaining ingredients to form a dough. Scoop the dough out and form a ball.

Divide the dough into 8 small balls. (The dough will likely be sticky.)

Place into well-greased muffin tins and bake for 15 minutes.

Brush melted garlic butter on top and serve.





# Peanut Butter Chocolate "Mousse"

*This recipe creates a single-serving dessert.  
Adjust your shopping and ingredient lists accordingly!*

## INGREDIENTS:

- 5.3-ounce container plain or vanilla Greek yogurt
- 1 to 2 pumps sugar-free peanut butter syrup (or extract)
- 1 to 2 tsp cocoa powder
- 1 Tbsp sugar-free chocolate chips
- Splash of vanilla extract or sugar-free vanilla syrup

## INSTRUCTIONS:

Mix all ingredients together. Chill in the freezer for 15-30 minutes, if desired.

## Smart Swaps!

### BARIATRIC-FRIENDLY

While the occasional treat is okay, we don't recommend eating sugar-free chocolate chips on a regular basis. Ensure syrups are free of sugar and opt for low- or zero-sugar vanilla yogurt.

### HEART-HEALTHY

Enjoy as is!

### NUTRITION FACTS PER SINGLE-SERVING RECIPE:

Calories: 145, Carbohydrates: 6g net, Fat: 6.5g, Protein: 13g

